MANNA	, QUAIL, ANI	D WATER	BBLE	
SPARK BIBLE PAGES 90-93	SCRIPTURE F Exodus 16: ONLINE: bit.h	1-18, 17:1-7	FEBRUARY	
BIG IDEAS	 Traveling was hard. People were hungry, thirsty and grouchy. God gave his people food and water. God took care of the people, just like God promised. 			
CHAT WITH YOUR CHILD	 What does it feel like to be hungry? Talk about the difference between "wants" and "needs." Try learning a new prayer for a table grace. You can find fun ideas here: bit.ly/creativeblessings 			
FOLLOW-UP	If you are able, collect food to donate to a local food bank.	Visit goodshepherdlancaster.org and/or find Good Shepherd Lancaster on Facebook for more information and resources!		

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